

Glory Zone

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lisa Martin (UK)
音乐: The Glory Zone - Bryn Haworth



HEEL DIGS AND HEEL SPLITS

- 1 Right heel dig forward
- 2 Ball dig at place
- 3-4 Repeat beats 1-2
- 5-6 Heel split - split heels apart, return heels to center
- 7-8 Repeat beats 5-6

HEEL DIGS AND HEEL SPLITS

- 9-16 Repeat beats 1-8 starting with left foot

GRAPEVINES

- 17-20 Grapevine right, step right to right side, cross left behind right, step right to right side, left foot steps to right foot without weight
- 21-24 Grapevine left, step left to left side, cross right behind left, step left to left side, right foot steps to left foot without weight

WALKS WITH BALL DIGS

- 25-26 Step forward on right close left foot to right without weight
- 27-28 Step forward on left close right foot to left without weight
- 29-30 Step forward on right close left foot to right without weight, with $\frac{1}{4}$ turn to right
- 31-32 Step left foot to left close right foot to left foot without weight

REPEAT
